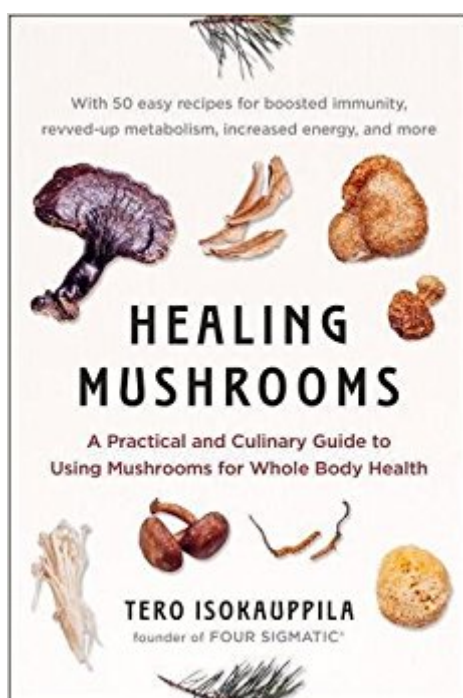


The book was found

Healing Mushrooms: A Practical And Culinary Guide To Using Mushrooms For Whole Body Health



Synopsis

The one and only resource on using adaptogenic mushrooms to boost immunity and promote whole body health the natural way. Adaptogenic mushrooms are one of today's buzziest superfoods, known for their ability to restore skin's youthful glow, increase energy levels, reduce brain fog, keep your hormone levels in check, and so much more. In *Healing Mushrooms*, you'll learn about the ten most powerful mushrooms you can add to your daily diet to maximize your health gains. Though some of these mushrooms, like Tremella, Cordyceps, and Reishi will sound exotic, they're all easy to source online in extract form and easier to use in recipes. Even more familiar mushrooms, like Shiitake, Oyster, and Enoki, are full of seriously healing potential--you just have to know how to use them. Packed with practical information, fun illustrations, and 50 mushroom-boosted recipes for breakfast, lunch, and dinner (and even dessert!), *Healing Mushrooms* unlocks the vast potential of this often-overlooked superfood category and will be the go-to resource for adding mushrooms to your health and wellness regimen.

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Customer Reviews

"Mushrooms are one of the most underrated functional foods for improved physical performance, cognitive ability, and longevity. Everybody should learn why and how to incorporate them to their diet, and Tero is the ultimate dude to teach you just that." — Ben Greenfield, athlete and author of the New York Times bestseller *Beyond Training* "The medicinal value of mushrooms has long been neglected in the West. *Healing Mushrooms* seeks to change that, one cup of chaga chai at a

time. • Eugenia Bone, author of *Mycophilia* "What a gift. Tero Isokauppila has distilled 12 generations of wisdom around the power of food and jammed it into this amazing book. It's a much-needed reminder that we should look to our diets to cure what ails us." • Marco Canora, chef, restaurateur, and author "If you care about your health, it's time to get smart about mushrooms. Not only will you experience culinary and gustatory delight, but these medicinal fungi might just help you live longer, too." • Abel James, New York Times bestselling author of *The Wild Diet* "I'm in awe of Tero's commitment to wellness, and his passion for the fungi kingdom. This book is a deep dive into the healing benefits of mushrooms — a must-read for anyone seeking optimal health." • Gabrielle Bernstein, #1 New York Times bestselling author of *The Universe Has Your Back* "From soups to smoothies, shroom sushi to shiitake jerky, *Healing Mushrooms* shows you how to spice up your usual comfort foods, expand your family's palettes and teaches you about the ten mushrooms everybody needs to add to their grocery list." • Cat Cora, world-renowned chef, restaurateur, and author "Tero is the mushroom master! I love his passion and knowledge of these medicinal mushrooms that have changed the game in the health and nutrition industry!" • Drew Manning, personal trainer and New York Times bestselling author of *Fit2Fat2Fit* "I'll lift my green smoothie in honor of Tero Isokauppila and his gorgeous gift of adaptogenic magic into a world hungry for accessible and natural health. Cheers!" • Kathryn Budig, author of *Aim True* and co-host of *espnW's Free Cookies* "Healing Mushrooms is a fantastic resource for educating yourself about the powerful wellness benefits of these fascinating fungi!" • Kimberly Snyder, nutritionist and New York Times bestselling author of *Radical Beauty* "We finally have the definitive guide to understanding the remarkable benefits of medicinal mushrooms. Tero makes learning about these powerful mushrooms fun and accessible for everyone. If you're interested in being the healthiest, happiest version of yourself, this is a must read!" • Shawn Stevenson, author of the international bestselling book *Sleep Smarter* and host of *The Model Health Show* "As a medical doctor who specializes in nutrition, I was fascinated to learn more about the exciting and extensive array of potential health benefits of the often overlooked mushroom family. After reading this book, I'm inspired to incorporate them more both personally and professionally!" • Dr. Melina B. Jampolis, Physician Nutrition Specialist and Author of *The Doctor on Demand Diet* "After reading *Healing Mushrooms*, I feel very happy to recommend Tero as an expert on the topic. He is smart, interesting, and his book provides a useful, easy-to-understand guide to using culinary and medicinal mushrooms in the kitchen." • Deborah Madison, chef and James Beard Award-winning author of *In My Kitchen*, *The New Art of Vegetarian Cooking*, *Vegetable Literacy*, and many more cookbooks

Tero Isokauppila is the founder and President of Four Sigmatic, a natural superfoods company specializing in mushroom-based drink powders. Tero grew up in Finland and later earned a degree in Chemistry and a Certificate in Plant-Based Nutrition at Cornell University. In 2012, he founded Four Sigmatic and is a subject matter expert on all things pertaining to mushrooms, superfoods, and natural health. He was chosen as one of the world's TOP 50 Food Activists by the Academy of Culinary Nutrition and has been featured in Vogue, Time, Forbes, W Magazine, Harper's Bazaar, BuzzFeed, and Bon Appétit, and has been a featured speaker at Summit Series, Wanderlust, WME-IMG, and Soho House.

This book barely squeaks by with four stars--I was tempted to rate it three. It has one very strong point I think carries it over the four star threshold that we'll get to in a minute. I worked in the supplement industry for almost fifteen years, and sold a lot of medicinal mushroom extracts in that time. I want to start off by saying that if you think the too-good-to-be-true stories of mushrooms healing people found in this book and others (and on youtube) are just marketing--no they're not. I saw a lot of healing stories unfold that were just as incredible. As the book points out, a very big percentage of pharmaceuticals are actually sourced from fungi. Strong, quality mushroom extracts can do some spectacular things. It's simply a matter of getting people to try them in the first place, which is where a book like this comes in. Or should come in. We'll start with the good. The world of medicinal mushrooms can be quite overwhelming, and Tero Isokauppila does a very solid job of focusing on just ten all-stars and giving you an overview plus recipes for each one. As far as the choice of which ten to begin with I don't think he could have done better. His writing style is friendly and easy to read, and he holds your interest well. Mushroom experts may find the information a bit too dumbed-down, but it isn't dull. Though I knew most of the material already from years of trainings at work, I still enjoyed going over it all again. Now for the not-so-good. "A guy like me would never make these recipes," my Dad remarked while reading "Healing Mushrooms", and it's true that most of the general public would not have the ingredients for these dishes in the pantry. If you are part of the paleo, vegan, or raw food club you probably will have a lot of it on hand (things like coconut sugar, carob powder, dates, nut milks and tamari feature heavily in a lot of the recipes), but everyone else will have an expensive trip to store ahead of them. Curiously, a good portion of the recipes contain dairy ingredients; odd because the proteins in milk tend to bind with antioxidants, rendering them useless. If I'm shelling out the bucks to buy mushroom extracts to put in my coffee I'm not going to negate the antioxidant content by topping the cup with whipped cream. Dumb. The

absolute worst part of the book is the resources section. Abysmal. Part of the problem may be that Tero Isokauppila runs his own mushroom company, and perhaps he doesn't want to throw too much business to rivals, but if you're going to write a book on cooking with mushrooms and have a "Shopping Guide" chapter it should contain actual places to shop. Just saying "Whole Foods" and "the company I run" and two or three other suggestions doesn't cut it. Worse, there are erroneous statements like "Many of the pharmacists and natural foods proprietors buy from the same suppliers, so you can sure you'll get quality products no matter where you shop in Chinatown." WHAT? Yikes. Imported mushroom products are notoriously prone to adulteration, especially cordyceps, a featured mushroom in the book. Importers have been known to spike cordyceps with lead wire. Do not buy packages with writing you can't read from people you don't know. Bad idea. And though Paul Stamets is quoted in the book, his company, Fungi Perfecti, is not mentioned in the Shopping Guide chapter (though it is elsewhere). Fungi Perfecti's incredible catalog has an amazing array of mushroom products, virtually all of which are USDA Organic. They are the best mushroom company in the US, hands down. They are the best place to start, whether you want to buy liquid extracts or foraging books or starter logs for growing your own fungi. They have it all. This brings us back to the star rating for "Healing Mushrooms". For the above reasons I felt like giving it three stars. But the tone of the book is affable and goofy, and may appeal to those who are looking for a less technical or new age-y approach than other tomes have. And it absolutely got my Dad interested in taking his mushrooms. He started taking Turkey Tail and Reishi the next day (I had two large bottles of Fungi Perfecti's version in the cupboard, which he found after rummaging around). If you have been struggling to get a less wellness-focused person in your life to take something good for them, this book is good for that. Except for the hippie ingredients in the recipes (and I say this as a person who actually has all of that stuff in my pantry as we speak), this is a very accessible book, information-wise. I think that point gets it across the finish line to merit four stars and thus rates overall:GRADE: B/B-

After seeing various supplements claiming to be made from Mushrooms, I decided to get this book and learn more about it. I was unaware that so many benefits were gained from various types of mushrooms. I admit, I will continue to get most of these benefits through the supplements instead of by eating pounds of mushrooms, but it is great to know how, why, and which Mushrooms provide the benefits, in case I decide to go the route of eating them directly instead of taking them in pill form. As so many Mushrooms LOOK similar, but are not actually the same, I cannot recommend this book as a way to identify wild Mushrooms. Please make sure you purchase your Mushrooms from a

reputable source. Misidentified wild Mushrooms can be a fatal mistake.

I'm no mycologist - but I've loved mushrooms my entire life. I knew that mushrooms were high in magnesium, but didn't know how many health benefits were possible with these different varieties. The author starts out the book with an overview of how fungus in general, including mushrooms, are so necessary for life on earth. He explains the 'science' without being too science-y. At no point, did my eyes glaze over when reading this information. Quite the contrary - I found the book hard to put down! The author does a great job of explaining how mushrooms are prepared to get the most nutrition out of them and which mushroom varieties were good for various ailments and benefits to health. You'd think such a subject matter would be dry - but it is presented in such a manner as to be super informative and interesting. I've learned so much and plan on introducing more and more of these amazing mushrooms into my health routine.

Firs and foremost, this is NOT a reference guide to identifying mushrooms! It's an informative guide to the health benefits of key mushrooms and has a smattering of the wide range of medicinal and culinary preparations. I would classify this as an entry to mid level guide for medicinal mushroom uses. The information is very useful, but if you've been in the herbalism / medicinal mycology field for it's not going to blow your doors off, but you will absolutely learn a few things. I found it hard to put down.

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